



THE MARKET BASKET

What To Eat Where To Get It How To Cook It



FALL FRUITS, LATE VEGETABLES TO CAN, ARE DISAPPOINTING

Bring Almost Out-of-Season Prices, Due to Shortage Following Drought.

Fall fruits and late vegetables, for which the average housekeeper postpones putting down a generous supply for the winter, was a heavy disappointment this season. They are bringing out-of-season prices due naturally to the shortage occasioned by the dry weather. Tomatoes selling at five cents per pound are far from being plentiful judging from the supply of previous years.

Alberta peaches, high grade variety from Michigan, are almost totally absent, shipped in fruit from California supplanting the dearth of the home grown product. Albertas were quoted at \$3.50 per bushel Friday at a local grocery store and this price was said to be below the average.

Potatoes were burned by the dry weather. They sell today from \$2.50 to \$3.00 per bushel and indications are that they will go to \$4 per bushel within a month.

Other staples remained practically normal. Eggs bring 40 cents a dozen, butter 50 cents a pound.

watermelons vary from 30 to 50 cents and muskmelons' cost depends upon the size ranging from 10 to 25 cents. Cucumbers bring 50 cents a dozen, cabbage 8 cents per pound, corn 20 cents a dozen ears, and sweet potatoes 10 cents per pound or three pounds for a quarter, retailing at substantially the same price as the Irish potato does.

The coloring of the Grand canyon is a subject over which most visitors wax enthusiastic. But in depth and vividness of color the Grand canyon does not equal Zion canyon in southern Utah, says the American Forestry Magazine. On the north fork of the Virgin river there is a remarkable canyon, only twelve miles in length and less than half a mile in width, which so impressed Brigham Young when he visited it many years ago that he called it "Little Zion."

In view of the continued demand from universities and technical schools in Canada, the Canadian air board has decided to place a number of the associate air research committee for distribution on an indefinite loan plan. These engines, which are mostly of the Fiat and Berliet types, were used on coastal type airships during the war.

Using cheesecloth to clean the dust from an auto ruins the lustre of the paint.

The recent census figures show that seven out of every ten centenarians in the British Isles are women.

Oliver Hotel's Pastry Chef Offers Recipes

Each week, Paul Cladel, chief pastry chef of the Oliver hotel, writes a few of his favorite recipes for the benefit of News-Times readers of the Weekly Market Basket department. This week's contribution follows:

RICE TORTE.
Cook 1/4 pound rice with 1 quart milk till soft, let cool and add 6 yolks, enough sugar to sweeten, a little cinnamon and 1 pint cream, last fold in the whites beaten stiff. Line a layer cake pan with pie crust and pour mixture in and bake slowly.

CINNAMON NUT TORTE.
1/4 lb. butter, 1 cup sugar, 2 oz. cinnamon are worked up creamy; all 2 eggs, about 1 glass of milk, the grating of one lemon and a pinch of baking powder. Pour in greased pans about 1 inch thick, top with sliced almonds and bake in moderate oven. It is most delicious cake which improves with age.

MERINGUE SHELLS.
4 whites of egg are beaten good and stiff; be sure to have it smooth; slowly mix in 1 cup sugar, flavor with vanilla, drop with spoon on paper or to obtain the shell shape use a paper cornet. Bake in cool oven till they loosen from the paper. Press the bottom in while warm and



PAUL CLADEL

Chief pastry chef of the Oliver hotel, who has been judging the recipes submitted in The News-Times weekly contest, today offers some recipes of his own for readers of the Weekly Market Basket pages.

All either with whipped cream or ice cream. A very desirable dessert with little bother.

LADY FINGERS.
Beat 5 yolks with 1/2 cup sugar nice and light. Sift 1 cup flour and whip the whites stiff. Fold in the flour and the white at the same time, mix carefully. Dress with paper bag on papers the size desired, powder with sugar and bake in warm oven.

LEMON MERINGUE PIE.
Mix well 4 yolks, 1 cup sugar, 1/2 cup starch and the grating and juice

THE HOME KITCHEN

By JEANNETTE YOUNG NORTON
The Authority on Home Cooking

Here Are Vegetarian Dinners You May Relish.

Persons adopting a vegetarian diet are often at a loss to know what to use for the meat substitute. It must be something hearty and satisfying, and yet of a vegetable foundation. Curry is often passed by because "it's too peppery to use with anything but meat." But this is a mistake, as a cream curry, for either vegetables or fruit, need be only spicy enough to be well flavored. The pungent part is of ginger and not pepper, and it is considered healthful.

The following dishes, including Oriental rice, will be found hearty, and worthy to take the place of a meat or a fish dish. All vegetables used must be fresh to get the best results.

Potato and Nut Croquettes.
Boil and mash enough potatoes to make two cups. Add onion juice, two tablespoons of soft butter, one tablespoon of milk, pepper and the yolk of one egg. Mix thoroughly. Put a quarter of a cup of cream and crumble into a saucepan. Stir to a thick paste, and cool, then add a scant half-cupful of chopped nutmeats, salt, pepper and the yolk of an egg. Fold this into the potato mixture, then form into croquettes. This quantity makes

of 3 lemons. Boil 1 quart of water, stir the mixture into and cook till it thickens, pour in baked pie crust and let cool off. Make meringue by whipping up the 4 whites stiff, adding 1 cup sugar. Cover the pie with this and brown in oven.

OMELETTE SOUFFLE.
A very attractive and out of the ordinary bit of dessert. Beat 4 yolks and 1/2 cup sugar light. Whip the whites real stiff and fold into the yolks. On an oval platter line up some fresh sliced peaches or any desirable fruit. Cover all up with the mixture, spreading it high and even with knife. Decorate with cherries, dust with sugar and brown well in hot oven. This is enough for 5 persons and is an easy, digestible dessert.

Pineapple Fish.
Boil a pound and a half of fresh codfish in the usual way. When

done, free the fish from skin and bone, then flake it with a silver fork. Make a rich cream sauce, thickened with flour, and add a quarter of a can of grated pineapple or a cup of freshly grated fruit. Stir in the fish. Reheat, but do not boil, and turn onto toast slices. Garnish with half a deviled egg in the center of each portion.

Pineapple Chicken.
Boil a young chicken until tender. Lift and cool it slightly, then bone it. Throw the skin and bones back into the liquor with some celery, a chopped onion, a bay leaf and a chopped carrot. Boil down until well flavored. Add pepper and salt and strain. Let stand until the grease is cold and easily removed from the top. Reheat and thicken the gravy. Add to it a cupful of finely chopped or grated pineapple. Cook for five minutes, then add the chicken, the large pieces only, and cook long enough to heat through. Lay the chicken on toast and pour the gravy over it. Mushrooms which have been sautéed in butter then drained may be added to the gravy if desired.

Deviled Pineapple.
Select a ripe, sweet pineapple. Peel and chop coarsely, squeezing the juice from the hard core. Peel, break in pieces, and sauté half a pound of mushrooms in butter. Drain the pineapple, then add the mushrooms, a cupful of dry crumbs, a tablespoonful of sugar, a tablespoonful of butter, a beaten egg, the juice of an onion, salt pepper and half of a red pepper, chopped fine. Fill buttered ramekins with the mixture, add a little pineapple juice to each, then dust the top with a little grated cheese. Bake a delicate brown. This may be served hot or cold.

Pineapple Shortcake.
Make an old-fashioned biscuit cake. Split and butter it generously. Have ready a large, sweet pineapple which has been chopped, not too fine, and which has stood with two cups of sugar for an hour to sweeten and cool. Spread between the cake and cover the top. Make a little extra syrup by melting a cupful of sugar in half a cupful of water and boil it three minutes. When done, add enough of the pineapple juice to flavor it well. Top with whipped cream.

In Japanese schools the physical development of a child receives as much attention as his mental development. On warm days he stripes to the waist, and his teacher watches him closely as he works. If he breathes improperly, he is corrected. If he is round shouldered or flat chested, special exercises are given him. If he is too thin, a special diet is recommended. As in the United States, every child must go to school when he is six years old. He receives a six years' course in morals, reading, arithmetic, gymnastics and poetry.

France is taking up seriously the problem of her 2,000,000 marriageable girls who, as a result of the war's losses, can never hope to have husbands.

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2-15c cans Good Peas	25c
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2-20c Tall Salmon	25c
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FLOUR 89c

5-7c White Naphtha Soap	25c
5 Crystal White Soap	25c
2-8c Kitchen Kleanser	12c
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3 Climaxline	25c
Lux	10c

3 TALL HEBE 25c

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2 lbs. 25c Rio Coffee 25c

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25c pkg. Cocoa 12c

10 LBS. SUGAR 73c

2 large cans Apricots 35c

No. 10 "Gallon" Peaches 55c

Gallon Catsup in Glass \$1.25

2 lbs. Powdered Sugar 19c

1/2 lb. Good Tea 18c

No. 10 "Gallon" Applebutter 95c

5 LBS. FLOUR 20c

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Kellogg's Corn Flakes 10c

15c pkg. Rolled Oats 10c

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The News-Times through its always interesting Weekly Market Basket Department will again distribute \$15 in cash prizes to lucky people this week, as follows:

A cash prize of five dollars for the best food recipe submitted to the Market Basket Department, with prizes of \$2 each for the next five best.

Get the habit of reading these market pages. They're always interesting. Every Friday afternoon and Saturday morning exclusively in

The News-Times

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Beef Roast	12 1/2c	Fresh Spare Ribs	10c
Boiling Beef	9c	Pork Hearts	8c
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Leg of Lamb	25c	Veal Chops	25c
Loin Roast of Lamb	25c	Veal Shoulder Roast	20c
Lamb Chops	30c	Veal Stew	12 1/2c
Shoulder Roast of Lamb	22c		
Lamb Stew	15c		

Creamery Butter	43c
Boneless Hams	35c
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Dixie Square Bacon	20c
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